

What I've learned this week reading "This is Your Brain on Food" by @drumanaidoo

WHAT: Attention Deficit Hyperactivity Disorder (ADHD)

FACT: 1 in 25 people have it

FACT: ADHD is frequently resistant to medication or psychotherapy. This makes dietary interventions helpful when used alongside treatments

HOW IT WORKS: ADHD disrupts connections between different regions of the brain. It also affects brain chemistry specifically dopamine levels (brain's reward chemical) and noradrenaline (a fight or flight hormone)

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THE GUT CONNECTION: Dopamine and Noradrenaline are confined to the brain region b/c they are too big to cross the blood-brain barrier. BUT those substances are made of smaller molecules that can. And these precursor molecules are made in the GUT! Naidoo writes, "Gut bacteria play an important role in ADHD, synthesizing many of these chemical precursors."

IN SHORT: Studies have found that 1) ADHD folks have a chemical imbalance in their gut and 2) gut disturbances correlate with brain disturbances.

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WAIT! WHAT ABOUT THE FOOOOOD?

I recommend reading the book to get all the juicy details but the next 2 slides show a briefer version of Naidoo's ADHD Cheat Sheet found at the end of the chapter.

ADHD CHEAT SHEET | FOODS FOR FOCUS

EAT BREAKFAST

CAFFEINE

Stay under 400 mg/day.

Ex. 4 oz Aeropress coffee = 50-70 mg

POLYPHENOLS

Natural antioxidants that help fight cell damage. Ex. berries, kale, green tea and more!

VITAMINS C AND B1

MINERALS: ZINC, IRON, POTASSIUM, & MAGNESIUM

ADHD CHEAT SHEET | FOODS TO AVOID

GLUTEN

DAIRY

Specifically A1 milk proteins (remember to read the book for more details - it's fascinating!!!)

SUGAR

FOOD COLORINGS AND ADDITIVES